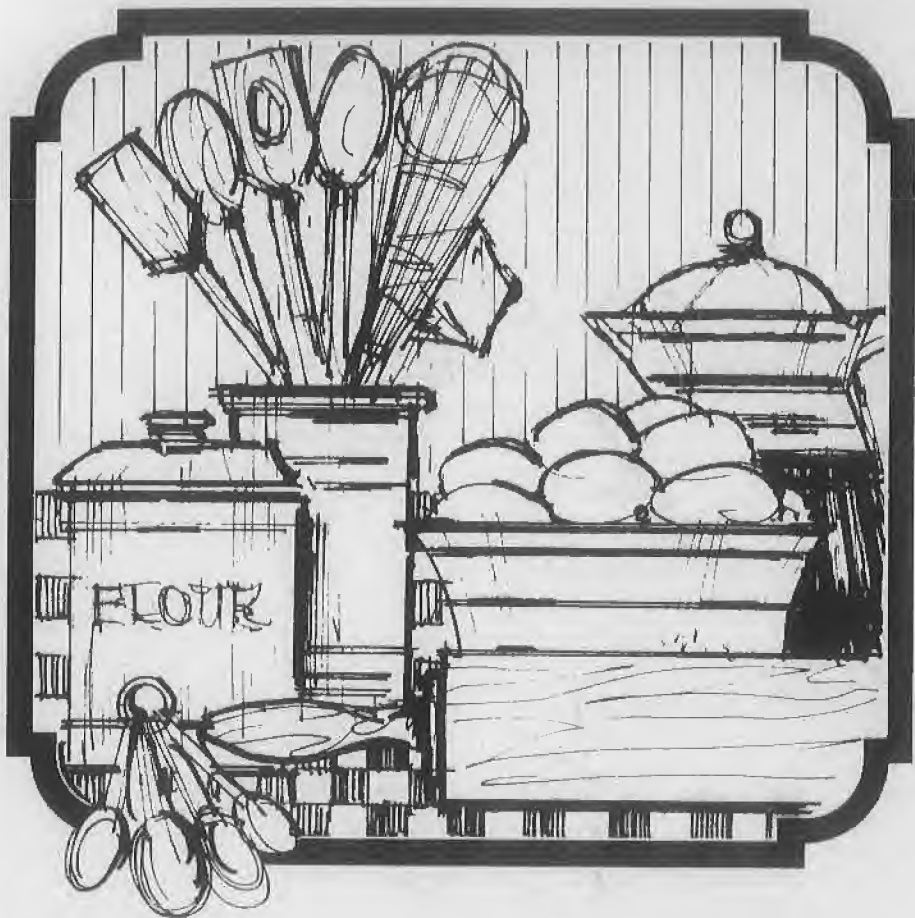


TEACHERS' FAVORITES



Favorite Recipes From Europe's Teachers

Recipes

COMPILED BY

STUDENT LETTER EXCHANGE
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DELUXE EDITION



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TEACHERS' FAVORITES. . .

Favorite Recipes From Europe's Teachers

Recipes included in this cookbook were especially compiled by the Student Letter Exchange. All recipes are family favorites, submitted by teachers throughout the European continent. All of them have been kitchen tested in the homes of Europe.

Countries represented include:

- Austria
- Denmark
- England
- Ireland
- Norway
- Scotland
- Spain
- Sweden

Enjoy them in your own kitchen. Bon Appetit!

MAIN DISHES



Spain

GAZPACHO

Put in liquidizer:

Two cloves of garlic

One green pepper (medium size)

One lb. tomatoes

Salt to taste

Enough water to make a thick soup

½ loaf French bread

(previously soaked in water)

4 tbsp. oil

4 tbsp. vinegar (test for taste)

Blend all this — Cool in refrigerator. Add when serving, finely chopped cucumber, peppers, and onions.

Ireland

CHICKEN CASSEROLE

50 g. margarine

4 chicken pieces

4 bacon rashers

1 small onion

50 g. mushrooms

1 level tbsp. flour

375 ml. bouillon stock cube

Salt and pepper

1 tbsp. tomato paste

Parsley to garnish

Heat the oven to 350°F. Melt margarine in saucepan and fry chicken until brown. Remove rind from the bacon and cut the rashers into small pieces. Peel and chop the onion. Wash and slice the mushrooms. Add the bacon and onion to the pan and fry until lightly browned. Remove chicken, bacon and onion from pan into casserole. Add flour to fat remaining in saucepan, stir with wooden spoon and cook for 2 minutes. Remove the pan from the heat. Add the stock gradually, stirring all the time, then add salt and pepper to taste, the tomato paste and sliced mushrooms. Return pan to heat and bring to boil, stirring. Pour this sauce over the ingredients in the casserole and cook in the center of the oven for 1 hour. Sprinkle the top of the casserole with chopped parsley.

Sweden

SWEDISH PYTTIPANNA

Potatoes (cold, boiled)

Beef (steak leftovers)

Onion

Pickled beef-root

Cut the onion, fry it in the pan. Cut potatoes (boiled) and beef into small cubes. Mix it all and fry it in the pan. Turn frequently. Serve with pickled beef-root and knickebrod.

Almost anything can go into the PYTTIPANNA. The word PYTTI is a diminutive form meaning "very small piece."

Sweden

PANCAKE

Put in a bowl:

2 eggs

4 dl. flour

½ dl. sugar

(always double milk then flour, take first 4 dl. and stir, then 4 dl. and stir.)

1 tsp. salt

8 dl. milk

1 dl. melted butter

Pour about 1 dl. each time in a hot pan and bake them on the range. Bake (try them on both sides). Serve with jam.

Scotland

STOVIES

1½ lb. cold meat or sausage meat	1 level tbsp. dripping
1½ lb. sliced raw potatoes	Stock or water
1 large onion, sliced	Salt and pepper

Melt dripping in pan, add layer of sliced potatoes, a layer of sliced onions, then layer of meat. Season. Add enough stock to just cover. Cover pan and cook over a moderate heat for 30 minutes (shake occasionally till potatoes and onion are tender and liquid is absorbed).

England

CORNISH PASTRIES

Makes 4

To Make Pastry:

8 oz. plain flour	2 oz. margarine
2 oz. lard	½ tsp. salt

Filling:

4 oz. minced beef	1 Oxo (stock) cube
2 oz. mixed diced potato, carrot and onion	Salt and pepper

Cook filling ingredients in ¼ pint water until meat is brown, vegetables are soft and water is absorbed. Cool. Prepare pastry — rub fats into flour until it looks like breadcrumbs. Add 2-3 tablespoons water and knead lightly. Roll pastry out on floured table and cut into large circles around a saucer or saucepan lid. Damp edges with water. Put spoonfuls of filling in center of each pastry and draw edges together and pinch to form fluted edge. Glaze with egg, place on greased baking tray and cook approximately 20 minutes Gas 6, 200°C. until golden brown.

England

QUICK SHEPHERD'S PIE

1 lb. minced beef	1 10 oz. can condensed vegetable or or golden vegetable soup
1 small onion (chopped)	Ten minute mashed potatoes
¼ level tsp. salt	

Cook beef, onion and pepper in frying pan until tender and slightly browned — about 15-20 minutes. Stir in soup, salt. Turn into 2 pint casserole. Cover with ten minute mashed potato, fork mark top and bake in a fairly hot oven (gas 6 or 400°F.) for 15 minutes. Serves 4 people.

England

TOAD-IN-THE-HOLE

1 lb. sausages	Some shallots
Batter:	
4 oz. plain flour	Pinch of salt
2 eggs	Mixed herbs
½ pint milk	

Place sausages and shallots in a roasting tin, with some fat, while oven is heating to 200°C. Meanwhile whisk batter, and when the oven is hot, pour over sausages and leave in the oven for about ½ hour. Serve with green vegetables and a brown gravy. Very popular with hungry children (2 sausages per person).

England

BUBBLE AND SQUEAK BAKE

2 lbs. old potatoes, peeled
Butter
Milk
Salt and Pepper

1 lb. firm green cabbage
½ lb. onions, skinned
½ lb. carrots, peeled
6 ozs. mature Cheddar cheese, grated

Cook the potatoes in boiling salted water until tender. Drain and cream with a knob of butter and a little milk — season well. Meanwhile, cook the cabbage, drain well and chop. Chop the onions finely and grate the carrots — turn them into the boiling salted water, cook for 5 minutes then drain. Blend the cabbage and potato together. Turn half the mixture into a buttered, shallow baking dish 9 inches in diameter (1 ¾ pints). Cover with onion and carrot and top with 4 ozs. grated cheese, spread evenly. Top the remainder of the potato mixture, smooth the surface with a knife, mark with a fork and sprinkle the remainder of the cheese over the top. Bake in the oven at 200°C (400°F) mark 6 for about 40 minutes until golden brown. Serve cut into wedges.

England

BARBEQUED PORK

(Serves 4)

2 Tbsp. oil
4 pork chops or steaks
1 onion, sliced
2 Tbsp. brown sugar
3 Tbsp. vinegar

1 Tbsp. tomatoe puree
1 tsp. mustard
2 tsp. Worcestershire sauce
½ pint brown stock
1 oz. flour

Heat oil. Brown chops on both sides, transfer to a casserole. Lightly fry onion and add to chops. Mix together sugar, vinegar, tomatoe puree, mustard and Worcestershire sauce with the stock. Pour over chops and cook for 1½ hours at 375°F. For the last half hour thicken by adding the flour mixed with a little cold water.

This is good served with boiled rice and green salad.

England

WELSH RAREBIT

Makes Two

4 oz./100 g. grated cheese
½ tsp. dry mustard
A dash of piquant sauce

Salt and Pepper
A little milk
Hot buttered toast (makes two pieces)

Mix the cheese, seasonings and sauce with enough milk to give a "spreadable" mixture. Spread thickly on hot buttered toast and brown under a hot grill for a few minutes.

Denmark

CABBAGE ROLLS

1. Cook big cabbage leaves for 5-10 minutes.
2. Stir 375 g. minced pork with 1 teaspoon grated onion, salt, pepper, 1 egg white, 3-4 milk.
3. Put a spoonful of the pork on each cabbage leaf — fold it and tie a string around it.
4. Melt 50 g. butter in a pan, and brown the rolls. Add 3 tbl. water and salt and let it fry with a lid on for $\frac{1}{2}$ to $\frac{3}{4}$ hour.
5. Take up the rolls — make a thickening and serve the gravy with potatoes.

Spain

LENGUADOS A LA GALLEGA

Ingredients for four persons:

Four soles (average size)

Four spoonfuls of flour

Two eggs

Two onions

Eight spoonfuls of oil (in Spain usually olive oil)

A spoonful of red pepper (sweet)

Two tomatoes

Four roast potatoes

Salt

Clean the soles (entire), let them dry and put salt on both sides of them. In a frying pan with oil, fry the soles after putting them in the flour and the eggs well beaten. When they are fried, put them in a serving dish so that you can put them afterwards in the oven. With the oil left (in the frying pan) fry the onions, peeled and cut up, and the tomato, peeled and mashed, and then put the red pepper and the salt. Once all that is well done, pour it on the soles and put them in the hot oven for five minutes (only five minutes). Have them with the roast potatoes.

Scotland

QUICK HAGGIS

8 oz. sheep's liver

1 heaped cup oatmeal

Salt and Pepper

4 oz. beef suet

2 onions

Boil the liver in water to cover for $\frac{3}{4}$ hour. Drain and keep the liquid. Chop the liver finely. Steam onions until tender and chop up very small with the suet. Brown the oatmeal in an oiled heavy pan over medium heat. Combine all the ingredients, add salt and pepper and moisten with the saved liquid. Turn into a greased bowl, cover with a cloth and steam for 2 hours.

England

CHEESE BOATS

2 medium sized potatoes

2 oz. of cheddar cheese

Little butter or a little milk

Pinch of salt and pepper

Scrub potatoes clean, then cook them in a hot oven for approximately one hour until cooked. (Cook in skins). Then cut potatoes in half, taking care not to damage the potatoe skins. Scoop out the soft potatoe into a dish (add a little butter or milk). Put the cheese into the soft potatoe and mix. Then put the mixture into the skins again. Add a little cheese on top for decoration and then grill till brown.

England

POTATO LAYER BAKE

Serves 4

1 kg./2 lb. peeled potatoes
(thinly sliced)

1 large onion (thinly sliced)

50 g./2 oz. butter

175 g./6 oz. cheddar cheese (grated)

300 ml/½ pint milk

Salt and black pepper

Parsley for garnish

* You can also add any other ingredients you like to this e.g. courgette, mushroom, tomato, etc.

Using an ovenproof dish, layer potatoes and onions, knobs of butter and cheese, ending with a layer of cheese and butter. Season milk with salt and freshly ground black pepper and pour over. Bake at Mark 5 or 190°C/375°F. for 1½ hours or until potatoes are tender and the top browned. Garnish with parsley before serving. Simple but very tasty!

North Ireland

POTATO CAKES

½ lb. mashed potato

2 ozs. flour

¼ tsp. salt

½ oz. melted margarine

½ tsp. baking powder

A little milk

Sieve flour, salt and baking powder. Mix in the potatoes and margarine, adding milk if required to bind. Turn onto a floured board. Divide in two pieces and knead until smooth. Roll each piece into a round ¼" thick. Cut into eight triangles. Cook on a well-greased hot pan or gridle until brown on both sides. Butter and serve.

Sweden

PITEPALT

To 12 "paltar" you need this:

12-13 raw potatoes

1½ tsp. salt

3 deciliter barley meal (flour?)

1-2 deciliter wheat meal (flour?)

200 gram salted pork in small pieces

Peel the potatoes and grate them in small pieces (throw away the liquid). Mix the potatoes with the salt and the meal. Let it lay and swell while you brown the pork in the frying pan. Form the dough to a long flat piece and then you cut it into 12 smaller pieces. Put a spoon of the pork in each piece and make it round. Put then "paltarna" in a big saucepan with boiling water for 1 hour. You eat the "paltarna" with lingonberry jam and perhaps a small piece of butter.

North Ireland

PORK CASSEROLE

1 large pork fillet or 1 lb. pork pieces

2 tins Campbells mushroom soup

1 egg

Fresh wholemeal breadcrumbs

Oil to fry with

Trim pork into 1" long strips or pieces. Coat with beaten egg. Dip into fresh breadcrumbs to coat. Fry until golden brown. Put into casserole with undiluted mushroom soup. Rinse out cans with a little hot water and add this to casserole. Cook slowly for approximately 2 hours. Serve with applesauce with potatoes or rice.

Scotland

CULLEN SKINK

1 pound smoked fish
1 large onion
1 pound cooked, mashed potato
1 pint milk

1 level tablespoonful Cornflour
½ level teaspoonful salt
White pepper
Chopped parsley to garnish

Place fish and onion (peeled and thinly sliced) into a large pan and just cover with water. Simmer for 10 minutes until fish is cooked. Drain fish and onion. Retain liquid. Remove all the skin and any bones from the fish and flake the flesh. Mix the potato with the fish liquid in a large pan until smooth. Stir in the milk and onion. Blend the cornflour to a smooth paste with a tablespoonful of water, then add to the pan. Bring to the boil, stirring, and cook for one minute. Reduce the heat and add the fish and season with salt and pepper to taste. Simmer very gently for 10-15 minutes — do not allow the soup to boil. Serve garnished with parsley.

Ireland

IRISH STEW

½ kg. of breast of mutton
4 onions
1 carrot

Salt and Pepper
375 mls. of water
1 kg. of potatoes

Prepare meat and cut into pieces. Scrape and slice carrot. Peel and cut onions into thick slices. Wash and peel potatoes. Cut large potatoes in two. Arrange the meat, carrots and onions in layers in a saucepan, seasoning each layer. Add the water and place potatoes on top. Cover saucepan and bring slowly to the boil. Simmer gently for 1½ hours. Serve meat and onions in center of a hot dish. Arrange potatoes and carrots around it. Sprinkle parsley on top and pour gravy on to moisten it.

England

WELSH CAKES

1 lb /400 g. plain flour
4 oz /100 g. margarine or butter
4 oz /100 g. lard
4 oz /100 g. currants
6 oz /150 g. sugar

1 tsp. baking powder
1 large egg (beaten)
Pinch of salt
Few Tbsp. milk (if necessary)

Sieve flour and baking powder into a bowl. Add butter (or margarine) and lard and cream with the flour. Add sugar, salt and currants, stirring well. Add the beaten egg and beat mixture until light and fluffy (adding milk if necessary).

Lightly grease a griddle or thick frying pan. Put over a low to moderate heat and drop a spoonful of the batter on it. Fry for a few minutes, turning once, until light brown on each side.

Ireland

PEPPER FITTATA (Cold Buffet Dish)

25 grms (10 oz) butter

1 large red pepper, chopped

1 large green pepper, chopped

1 bunch onions, chopped

1 garlic clove, crushed

8 eggs, beaten

6 cream crackers, crumbled

(Any large savory cracker would do)

4 Tbsp chopped fresh parsley

225 grms. (8 ozs.) grated Cheddar cheese

1 tsp. salt

Freshly ground black pepper

Oven set gas 4, 180°C. (350°F.)

1. Heat butter in pan, add peppers, onions and garlic and fry for about 5 minutes until soft.
2. Place into mixing bowl and add remaining ingredients. Mix.
3. Line a 10" square tin with greaseproofed paper and put in mixture.
4. Bake for 30 minutes approximately, until set.
5. When cool, turn out, remove paper and cut into pieces.

Scotland

SMOKIE PIE

1 pair Arbroath Smokies (smoked fish)

¼ pint milk

Salt and Pepper

2 eggs

2 tomatoes

½ oz. butter

Flake the smokies — remove all the bones and skin. Place the flaked fish in overproof dish which has been greased with the butter. Beat eggs and milk — add salt and pepper to taste. Pour mixture over flaked fish. Grate some cheese and sprinkle on top. Garnish with sliced tomato. Place in moderate oven (350°) for 30 minutes. May be served hot or cold.

Ireland

BOXTY PANCAKES

4-5 large potatoes

2 Tbsp. (60 g.) flour

1 tsp. baking powder

½ tsp. salt

Milk to mix

½-1 tsp. caraway seeds, if wished

Peel and grate the potatoes and squeeze as dry as possible in a strong cloth. Keep the liquid and put aside for 4-5 hours when a starchy sediment will settle down. Keep the grated potato tightly screwed up in the cloth. Set it in a bowl and cover with a plate so that the air cannot cause it to discolour too much. A little discoloration is bound to take place and will do no harm. Put all the dry ingredients and the grated potato into a bowl. Pour off the liquid from first bowl and add the sediment to the rest of the ingredients. Mix to a fairly soft batter with milk — just enough that it will be necessary to help it spread in the frying pan. Heat a good lump of butter in a small pan. Pour in some of the batter and cook until it is browned on the bottom. Turn it out and cook the other side. Repeat with the rest of the batter. Serve hot.

Ireland

STUFFED COURGETTES

Slice the courgettes in half, lengthwise, and remove the seeds and some of the pulp. Fry some skinned tomatoes and finely chopped onion in butter and fill the courgettes with this mixture. (Garlic can be added during the drying). Top with prawns and then with a thick cheese sauce. Bake in the oven at 375° for ½ hour.

England

LANCASHIRE HOT POT (SCOUSE)

1 lb. or 450 grms. of shin beef
3 lbs. or 1350 grms. of potatoes
2 large carrots

Small onion
Salt & Pepper to taste

Cut meat into cubes. Peel and slice carrots. Cut onion into small pieces, put into large pan and just cover with water. Add salt and pepper. Simmer gently for 2 hours. Then add diced potatoes and bring to boil stirring occasionally. After it has boiled turn to low heat until potatoes have fallen, then serve. For 4-5 people. Can be eaten with pickled red cabbage or pickled baby beetfoot.

England

HAM SOUFFLE

Ingredients:

3 oz. butter
2 oz. flour
¼ pint milk
Salt and Pepper

4 oz. finely chopped cooked ham
3 large eggs, separated
1 tsp. dry mustard

Melt butter in pan, add flour and cook for a minute. Remove from heat and gradually stir in milk. Return to heat, bring to boil, stirring all the time, making a thick sauce that leaves sides of pan. Remove from heat and blend in ham. Stir in egg yolks, blended with mustard, salt and pepper. Carefully fold in stiffly whisked egg whites. Turn into buttered 2 pint souffle dish. Run a teaspoon round the outside edge of the mixture, pushing it inwards to prevent the souffle spilling over when baking. Bake in a moderately hot oven for 40 minutes until golden and well risen.

England

FLAPJACKS

6 oz. butter
8 oz. oats

6 oz. sugar

1. Melt the butter and the sugar in a saucepan on a low heat. (Do not let it boil)
2. Take off heat and add the oats. Stir thoroughly and then spoon into a well-greased tin.
3. Put into the oven for 15-20 minutes with Gas No. 4 — electricity 350°.
4. Leave to cool and then turn out on a wire tray and cut into fingers.

This recipe is my favorite because it is simple and does not take too long to cook. I hope they turn out well. Happy eating!

Scotland

FORFAR BRIDIES

1 lb. steak	1 lb. flour
3 oz. shredded suet	Salt and pepper
Onion (optional)	

Beat steak with rolling pin, then cut into narrow strips. Cut these into inch lengths and season with salt and pepper. Divide into three portions. Add a pinch of salt to the flour and make into a stiff dough with water (no fat is used). Roll out into three oval-shaped pieces. Cover half of each oval with the meat, sprinkle with the shredded suet and a little minced onion if desired. Damp edges, fold over and crimp with finger and thumb. Nip a small hole in the top of each. Bake for about 30 minutes in a hot oven, 450°F. (Regulo 8).

Denmark

CASSEROLE WITH JUNIPER BERRIES

1 kg. pork (without fat or bones)	2½ dl. heavy cream
50 g. butter	2 dl. sour cream
6 juniper berries	1 tsp. salt
½ tsp. dried rosemary	Freshly ground pepper

Cut the meat in thin oblong pieces. Melt butter in a casserole until light brown. Add half of the meat. Fry until brown. Repeat with the other half. Put all the meat back into the casserole and add the crushed juniper berries and the rosemary. Pour the heavy cream and the sour cream and add salt and pepper. Simmer under lid for about 60 minutes. Add browning if desired as well as you may thicken the dish if you like. Serve with mashed potatoes and a green salad.

Ireland

HOME-MADE VEGETABLE BROTH

Serves Four	
3-4 sticks celery	2 potatoes
Knob butter	1 onion
Vegetable stock cube	Cup pulses (soaked overnight)
2 carrots	

Chop celery and put in pot where butter has melted. Simmer for five minutes — aroma will be delicious! Then add remainder of ingredients which have been roughly chopped. Add stock. Cook for 35 minutes on a medium heat. Serve with crusty bread.

Norway

PIZZA

50 g. yeast	1 t.s. salt
1 l. lukewarm water	2 s. olive oil
Add flour depending on size of pizza.	

Needs 2 hours to rise

Cover the dough with slices of tomatoes and thin slices of onions after having "painted" it with olive oil. Add pepper and oregano, parsley and basilic. Fill half of the pizza with anchovy filets and mild cheese, and the other half with ham and sharper cheese slices. Use warm oven — 20 minutes

Ireland

SODA BREAD

1 ½ lbs. flour	1 tsp. salt
1 tsp. baking soda	¼ pint buttermilk
1 tsp. cream of tartar	

Sieve the dry ingredients into a basin. Stir up the buttermilk. Make a hole in the center of the flour, add half the buttermilk and, using a knife, draw the flour in from the sides, always adding more buttermilk as the batter thickens. The mixing should be done with as little working as possible. It should be of the consistency to leave the sides of the basin only fairly clean when turned out unto the board. Flour the board. Turn the mixture onto it. Sprinkle the dough with flour and knead it lightly by turning the corners into the center, turning the whole round as you do so. When smooth underneath, turn it upside down, having the floured board underneath. Now lightly roll out. If for the oven it should be about 1 ¼ inches thick; if for the griddle ½ inch thick. Cut into four farls.

Oven Soda: Sprinkle baking sheet with flour and place farls on it. Have oven at 375°. Bake till nicely risen, nicely brown and cooked to the center. If skewer comes out clean bread is cooked.

Griddle Soda: Have griddle only hot enough to prevent the farls sticking — if a sprinkle of flour browns as it is thrown on the griddle, it is too hot. Cook slowly till risen and there is a white skin on top. This usually takes 5 or 6 minutes. Increase the heat until brown underneath, turn very gently and bake till brown on both sides. It takes about 15 minutes altogether from it goes on the griddle. The heat should have penetrated to the top before turning the first time. This method of slow baking produces digestible griddle soda bread with a thin skin.

Denmark, Norway, Sweden

LAMB AND CABBAGE

2-2½ lb. shoulder or breast of lamb or mutton	10 black peppercorns
1 small cabbage	1 bay leaf
1 tsp. salt	½-¾ pint (1¼-2 cups) water
	Finely chopped parsley

Trim and cut the meat into large, even-sized cubes and then blanch in boiling water. Remove some of the outer, coarse leaves of the cabbage and cut the stalk away. Make layers of cabbage and meat in a heavy casserole. Sprinkle with salt and peppercorns between layers. Add the bay leaf and sufficient water to cover the ingredients. Bring to a boil and skim the surface well; turn down the heat and cover with a lid. Simmer on top of the cooker or bake in a moderate to fairly hot oven for about 1-1½ hours until the meat is tender. Just before serving sprinkle with parsley. Serve with hot French bread or dark Danish rye bread.

England

CHEESE AND HAM LOAF

3 oz. cheddar cheese (leave 1 oz.)	1 tsp. chives
1 oz. cooked ham or bacon	¼ dry mustard
8 oz. self raising flour	2 oz. butter
1 tsp. baking powder	1 egg
1 tsp. salt	7 tbsp. milk

Blend everything together, brush with milk, sprinkle with cheese, bake on middle shelf (375°) Gas 5 for 15-20 minutes.

Ireland

CHAMP

(Traditional Irish popular in 17th and 18th centuries)

Boiled potatoes

Milk

Salt and pepper to taste

Onion or green onion, chopped

Butter

Mash potatoes, add butter and milk to a creamy texture. Add salt and pepper. Add onion.

Serve hot

Ireland

IRISH STEW

1 1/2 lbs. beef or lamb (stewing)

1 large onion

2 large carrots

1 1/2 lbs. potatoes

Stew beef/lamb and onions for one hour. Add carrots. Stew for further 10-15 minutes. Chop potatoes into various sizes (so that the smaller pieces will break up thus thickening the stew). Cook until potatoes are soft.

Denmark

BLACK POT

1 kilogram of beef (fillet)

4 decilitre of heavy cream

50 gram of butter

2 decilitre of tomato puree

2 tsp. of salt

1/2 decilitre of snaps

2 decilitre of strong coffee

Pepper

(2 spf. of instant coffee &

Mashed potatoes

2 decilitre of water)

Cut the meat into narrow pieces. Let the butter melt in the pot. Divide the meat into two portions and fry each portion in the brown butter. Put all the meat in the pot and add the remaining ingredients. Turn down the heat and let the dish simmer under cover for 1 hour. Add salt and pepper.

Ireland

BOILED COLLAR OF BACON

Rolled breast of bacon

Potatoes

1 bottle cider

Parsley sauce

Cabbage

Steep the joint overnight. Drain and refill with water and cider in equal amounts. Bring to a boil for five minutes. Skim off the top of the water and then simmer for 20 minutes to the pound plus 20 minutes over. When cooked, take the joint from the water and leave it to relax for ten minutes in a low oven or warming drawer. In the meantime, cook the sliced cabbage in the bacon water for 10 minutes before draining and serving the slices of bacon with buttered potatoes and parsley sauce. Serve pineapple rings if desired.

Ireland

SODA BREAD

1 ½ lbs. flour	1 tsp. salt
1 tsp. baking soda	¼ pint buttermilk
1 tsp. cream of tartar	

Sieve the dry ingredients into a basin. Stir up the buttermilk. Make a hole in the center of the flour, add half the buttermilk and, using a knife, draw the flour in from the sides, always adding more buttermilk as the batter thickens. The mixing should be done with as little working as possible. It should be of the consistency to leave the sides of the basin only fairly clean when turned out unto the board. Flour the board. Turn the mixture onto it. Sprinkle the dough with flour and knead it lightly by turning the corners into the center, turning the whole round as you do so. When smooth underneath, turn it upside down, having the floured board underneath. Now lightly roll out. If for the oven it should be about 1 ¼ inches thick; if for the griddle ½ inch thick. Cut into four farls.

Oven Soda: Sprinkle baking sheet with flour and place farls on it. Have oven at 375°. Bake till nicely risen, nicely brown and cooked to the center. If skewer comes out clean bread is cooked.

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Denmark, Norway, Sweden

LAMB AND CABBAGE

2-2½ lb. shoulder or breast of lamb or mutton	10 black peppercorns
1 small cabbage	1 bay leaf
1 tsp. salt	½-¾ pint (1 ¼-2 cups) water
	Finely chopped parsley

Trim and cut the meat into large, even-sized cubes and then blanch in boiling water. Remove some of the outer, coarse leaves of the cabbage and cut the stalk away. Make layers of cabbage and meat in a heavy casserole. Sprinkle with salt and peppercorns between layers. Add the bay leaf and sufficient water to cover the ingredients. Bring to a boil and skim the surface well; turn down the heat and cover with a lid. Simmer on top of the cooker or bake in a moderate to fairly hot oven for about 1-1½ hours until the meat is tender. Just before serving sprinkle with parsley. Serve with hot French bread or dark Danish rye bread.

England

CHEESE AND HAM LOAF

3 oz. cheddar cheese (leave 1 oz.)	1 tsp. chives
1 oz. cooked ham or bacon	¼ tsp. dry mustard
8 oz. self raising flour	2 oz. butter
1 tsp. baking powder	1 egg
1 tsp. salt	7 tbsp. milk

Blend everything together, brush with milk, sprinkle with cheese, bake on middle shelf (375°) Gas 5 for 15-20 minutes.

Ireland

CHAMP

(Traditional Irish popular in 17th and 18th centuries)

Boiled potatoes

Milk

Salt and pepper to taste

Onion or green onion, chopped

Butter

Mash potatoes, add butter and milk to a creamy texture. Add salt and pepper. Add onion. Serve hot

Ireland

IRISH STEW

1½ lbs beef or lamb (stewing)

1 large onion

2 large carrots

1½ lbs potatoes

Stew beef/lamb and onions for one hour. Add carrots. Stew for further 10-15 minutes. Chop potatoes into various sizes (so that the smaller pieces will break up thus thickening the stew). Cook until potatoes are soft

Denmark

BLACK POT

1 kilogram of beef (fillet)

4 decilitre of heavy cream

50 gram of butter

2 decilitre of tomato puree

2 tsp of salt

½ decilitre of snaps

2 decilitre of strong coffee

Pepper

(2 spf of instant coffee &

Mashed potatoes

2 decilitre of water)

Cut the meat into narrow pieces. Let the butter melt in the pot. Divide the meat into two portions and fry each portion in the brown butter. Put all the meat in the pot and add the remaining ingredients. Turn down the heat and let the dish simmer under cover for 1 hour. Add salt and pepper.

Ireland

BOILED COLLAR OF BACON

Rolled breast of bacon

Potatoes

1 bottle cider

Parsley sauce

Cabbage

Steep the joint overnight. Drain and refill with water and cider in equal amounts. Bring to a boil for five minutes. Skim off the top of the water and then simmer for 20 minutes to the pound plus 20 minutes over. When cooked, take the joint from the water and leave it to relax for ten minutes in a low oven or warming drawer. In the meantime, cook the sliced cabbage in the bacon water for 10 minutes before draining and serving the slices of bacon with buttered potatoes and parsley sauce. Serve pineapple rings if desired.

Sweden

POTATO GRATIN

About 2 pounds of potatoes
4 onions of medium size
1 1/2 cups of cream (or cream and milk)
A clove of garlic

Grated cheese
Butter
1 tsp. of mustard
A little salt, pepper & nutmeg

Grease or oil a casserole. Cover the bottom with the peeled and sliced potatoes. Then follows a cover of onions, and finally cover it all with sliced potatoes (peeled, of course). Mix cream (or milk and cream), a pressed (squeezed?) clove of garlic, mustard, grated nutmeg, salt and pepper and pour it over the potatoes and onions in the casserole. Cover it all with grated cheese and put some lumps of butter on top. Bake it in a medium hot oven. (About 1/2 hour). If one is afraid of fat one can of course omit the butter entirely and choose cream and milk instead of cream.

Denmark

FRIED PLAICE

(2 persons)

1 fresh, newly-caught plaice
1 egg

3 tbsp. of crumbs mixed with
a little salt and pepper

For the white sauce served with the plaice:

1 tbsp. of butter
2 tbsp. of flour
1 cup of milk

A little salt
Chopped parsley
1 lb. of potatoes

Wash, clean and dry the plaice. Whip the egg and moisten the fish on both sides with it. Dip it in the crumbs, and fry it slowly on both sides in the hot butter on the frying pan. Serve with white potatoes (boiled) and white parsley sauce. Add, if you like, slices of lemon on the plate.

Ireland

CHEESY BUBBLE AND SQUEAK

Serves 4

1 kg./2 lbs. potatoes, quartered salt
500 g./1 lb. green cabbage,
cored and shredded
175 g./6 oz. mature cheddar cheese, grated

1 large egg, beaten
Freshly ground black pepper
6-8 spring onions, chopped
25 g./1 oz. dripping or lard

Cook the potatoes in boiling salted water for 20 minutes or until tender. Meanwhile, cook the cabbage in boiling salted water for 5 minutes. Drain thoroughly. Drain the potatoes well, then return them to the saucepan. Dry out over gentle heat, then mash with 100 g./4 oz. cheese, the beaten egg and plenty of salt and pepper. Stir in the cabbage and spring onions. Melt the dripping in a large frying pan over high heat and swirl it around to cover the base and sides. Add the bubble and squeak mixture and spread it out evenly. Cook for 3 minutes or until underside is golden. Sprinkle with the remaining cheese, then put under a moderate grill for about 5 minutes until the top is golden brown. Serve at once straight from pan cut in wedges.

Ireland

SHEPHERD'S PIE

600 g. potatoes
203 tbsp. milk
25 g. margarine
Salt and pepper
1 large onion

25 g. dripping or lard
1 level tbsp. flour
1 bouillon cube
250 ml. water
300 g. cold meat, minced

Heat the oven to 425°F. (218°C.) mark 7. Grease the dish. Peel the potatoes and cut into even-sized pieces. Boil them in salted water and when cooked, drain off the water and mash the potatoes with a fork or masher. Beat in the milk, margarine, salt and pepper with a wooden spoon until the potatoes are smooth and creamy. Peel the onion and chop it finely on a chopping board. Melt the fat in a frying pan, add the onion and fry until soft and beginning to brown; stir from time to time to prevent sticking. Sprinkle in the flour and stir well. Crumble the bouillon cube and stir this in also. Add the water a little at a time stirring well until it is all thoroughly mixed. Now stir in the meat; add more salt and pepper if necessary and simmer for 5 minutes. Pour this meat mixture into the greased dish and pile the potato evenly on top. Smooth the surface with a knife and mark it with a fork. Bake near the top of the oven until the potato is golden brown. Garnish — for example with tomato or parsley.

Sweden

SAFFRON PANCAKE

4 portions.
3/4 dl. grain of rice
5 dl. milk with some cream
1/2 tsp. salt
50 grammes of almond

1 tbsp. of wheat-flour
1/4 gramme of saffron
2 eggs
Sugar

Pour grain of rice and milk in a saucepan. Add salt and let it boil slowly till the rice is soft, about 30 minutes. Stir now and then. Let the pudding get cool. Scald, peel and chop the almond. Pestle the saffron and thin down with some water or milk. Mix almond, flour, saffron, and rice pudding. Stir in eggs one at a time. Flavor with some sugar. Pour the mixture in an ovenproof tin, greased and sprinkled with breadcrumbs. Bake in the oven 225°C., 25-30 minutes. Serve the saffron pancake warm or cold with jam or berries, fresh or thawed frozen ones, and perhaps whipped cream. On Gotland the pancake is served with the Gotlandish sort of blackberry jam. (The berries are blue, not black!)

England

LANCASHIRE POTATO PIE

1 lb. cut up pieces lean beef
1 large onion (sliced)
1/2 lb. pastry (unsweetened)

2-3 lbs. potatoes
Salt and pepper to taste

Peel and slice potatoes and mix with beef and onions in an earthenware pot with lid. Cover with water or stock and cook in oven gas regulo 6 until meat is cooked and potatoes are mushy [approx. 2-3 hrs]. Take out of oven and remove lid. Place rolled out pastry over top of pie and bake for about 20 minutes until crisp and brown. Do not tidy the edges of the pastry but allow to hang down the side. Slice the pastry into triangles and serve with the pie on a plate. Garnish with pickled red cabbage or beetroot.

Denmark

BRUNSUIGER

Dough:

250 gram flour
50 gram butter
25 gram sugar
25 gram yeast

One egg

1/10 litre of milk
1/2 tsp. cardamon
1/2 tsp. salt

Filling: Melt it together!

75 gram butter
1 tbsp. molasses

75 gram brown sugar

Decoration:

100 gram brown sugar

50 gram (or more) raisins

Warm up the milk (tepid), dissolve the yeast in the tepid milk, but don't warm up the yeast! Knead the flour and the other ingredients to a uniform dough, which will rise to double size in a warm place — covered up. Spread out the dough with your fingers, on a roasting pan (50x35 cm). Put on the fluid filling and afterwards you sprinkle the brown sugar and then the raisins. Put the cake in a warm place and let it rise to double size. Bake it in the middle of the oven by 240°C (strong heat) for 10 minutes. The oven must have the right temperature from the beginning!

Norway

LAMB IN CABBAGE (STEW)

2 lbs. meat of lamb (shoulder, forequarter
or other front part with bone)
1 medium size cabbage (2-2½ lbs.)
3 tbsp. flour

3 tsp. salt
3 tsp. whole black pepper
2 cups of water

Rinse and clean meat and cabbage. Cut meat in pieces about 2x3". Bones with meat on can very well be used. Cut cabbage in boats. Mix flour, salt and pepper. Start putting meat with most fat on in bottom of pan, then cabbage. Layer meat and cabbage and sprinkle the flour, salt and pepper mixture between layers. At last pour water over. Let cook (boil) about 1½ hours till done. Do not stir, but shake pan to prevent burning. Taste if enough salt. Serve with boiled potatoes and carrots. Pick out pepper when eating.

Sweden

"BAKED" MUSSELS WITH BUTTER

30-40 cooked mussels (or 2 cans of
mussels in water, about 500 grams)
4 tbsp. of butter
2 tsp. grated yellow onions
1 crushed clove of garlic

1 tsp. lemon juice
2 tbsp. chopped parsley
Salt, white pepper
About 100 grams grated cheese

Oven temperature 275°C.

Take the mussels out of their shells (or let the canned mussels drip dry). Remove the muscle and the "beard." Stir the butter soft and mix with all ingredients except the cheese. Put a spoonful of the butter mixture on top of the mussels which you have placed in small, heat resistant dishes. Let the butter melt in the oven. Spread some grated cheese on top of each dish. "Gratin" in oven until the cheese has melted but remove before the butter starts to boil. Serve before a maritime dinner or as a separate treat. Serve with toast (or warm French bread) and chilled white wine (or light cold beer).

Ireland

FILLET OF BEEF IN PASTRY

2 lb. fillet of Irish beef	Pinch mixed herbs
1 oz. margarine	1 tsp. chopped parsley
2 tbsp. oil	Seasoning to taste
Salt and freshly ground pepper	8 oz. flaky pastry
4 oz. mushrooms, washed and sliced	1 onion, finely chopped

First let us make the flaky pastry. The ingredients necessary are:

6 oz. margarine	2 tbsp. lemon juice
8 oz. sieved plain flour	7 tbsp. cold water
Pinch salt	

Divide the margarine into 4 equal portions. Sieve the flour and salt and mix this in a bowl with a quarter of margarine. It would be best if the remaining 3 quarters of margarine was kept in the freezer until needed. Pour the cold water and lemon into flour mixture and mix to a soft dough, with a blade of a knife preferably. Knead on a floured worktop for 2 minutes until smooth. Sprinkle with flour, then in a polythene bag leave for 15-20 minutes in a cool place. Roll out then into a 15x5 inch oblong. Dab another quarter of margarine onto the top two-thirds of the pastry. Fold the bottom third up and the top third down to cover the pastry. Seal all open edges and cover in a polythene bag and leave to rest for 15-20 minutes. Repeat this procedure until all the quarters of margarine are gone — rolling it flat oblong each time. Finally roll and fold once more and leave for 15 minutes before use. This recipe makes but 1/2 lb. of pastry.

Now for the main course!

Chill the pastry overnight. Trim the fillet and tie the meat at intervals with string. Heat the margarine and oil in a pan and brown fillet quickly all over for 5-10 minutes, turning frequently. Season all over with salt and pepper and roast in a pre-heated oven for 10 minutes. If you like your meat well done, increase the first roasting by 10 minutes. Take out, cool and remove string. Melt the remaining 1 oz. of margarine and dry the onions and mushrooms for a few minutes until soft. Remove from heat, add herbs, season lightly and allow to cool. Then spread out over the partly cooked fillet. Roll out the pastry on a lightly floured table, a rectangle large enough to enclose the meat entirely. Place the fillet in the center of the pastry and brush the edges with beaten egg or milk. Fold over pastry and tuck in ends. Decorate with pastry leaves. Brush with beaten egg and milk and bake in the middle of a pre-heated oven for 25-30 minutes. Garnish with watercress.

Scotland

POTATO PANCAKES WITH SAVORY FILLING

2 large potatoes, peeled, par boiled and grated	1 lb. (450 g.) minced beef
2 oz. (50 g.) plain flour	1 onion, peeled and chopped
2 eggs	2 tsp. English mustard
6 fl. oz. (175 ml.) milk	Dash Tabasco
Salt, pepper	2 tbsp. tomato puree
	1 oz. (25 g.) lard or butter

Mix potato and flour together. Gradually work in eggs and milk using a wooden spoon. Season well. Fry the beef in a frying pan stirring with a fork. Add the onion, mustard, Tabasco and tomato puree. Reduce heat and cook, stirring frequently. Season to taste.

To make pancakes: Grease an omelet pan with lard or butter. Pour in enough of the mixture to make a fairly thick pancake, about a quarter of an inch thick. Cook on one side until golden, turn over and cook the other side (4-6 pancakes). Divide minced beef between the pancakes and fold over. If necessary heat in oven. (Serves 4)

Denmark

RISSOLE

Deep-freeze about 3 months

1/4 kg. chopped beef

1/4 kg. minced pork

1 decilitre flour

About 2 decilitre water

For roasting: About 30 grammes of margarine

Accessories: Potatoes and parsley sauce

1 egg

About 2 tsp. salt

About 1/4 tsp. pepper

1-2 tbsp. grated onion

Parsley Sauce:

2 tbsp. flour

About 3½ decilitres milk

4 tbsp. chopped parsley

10 grammes of margarine

Salt, pepper

Make a levelling of flour and 1 decilitre milk, put it in a saucepan and add the rest of the milk. Bring to a boil with constant whipping. Let the sauce simmer for about 5 minutes. Taste the sauce. Add parsley.

Rissole:

Put all the ingredients in a saucepan and mix it in about 3 minutes. Put it in the refrigerator in about 15 minutes. Warm the pan with the margarine. Form the rissoles with your hands, and lay them on the pan. Turn down the heat when all the rissoles are in the pan. Fry the rissoles 4-5 minutes on each side.

DESSERTS



Scotland

SIMPLE PARTY SWEET

1 small carton natural yogurt
Can mandarin oranges (or other
soft fruit e.g. raspberries)

¼ pint double cream
Demerara sugar

Drain oranges and put in serving dish. Lightly whip cream, fold in yogurt, spoon over fruit, sprinkle generously with sugar. Leave in fridge for 24 hours before serving.

Denmark

SHROVETIDE CUSTARD BUNS

125 g. (4 oz.) butter
1 lb. of flour
About ¼ liter (half a pint) of tepid milk
60 g. (2 oz.) yeast

1 egg
2 tsp. sugar
1 tsp. salt
1 tsp. custard per bun

For chocolate icing:

1 tsp. cocoa
100 g. (3½ oz.) icing sugar

2 tsp. warm water

Butter, flour, milk, and yeast are kneaded together, and sugar, salt and the egg are added. After the dough has risen, it must be rolled out with a rolling pin, and it must be cut into squares. Put 1 teaspoon custard on each square. Make buns out of the squares — round the custard. Close the buns at the top. Bake the buns in the oven for a quarter of an hour at 200 centigrades (at about 400°F). When the buns have been taken out of the oven you must leave them to cool for another quarter of an hour. Then you put chocolate icing on top of them, and they are really delicious and rich.

Norway

NORWEGIAN OAT PORRIDGE

About 2 cups of water
A pinch of salt

About 1 cup of oatgrain

Boil until it has the wanted consistence (about 5 minutes) — stop before it is too thick. Serve with sugar and milk on top. This has been a traditional breakfast dish in Norway. It is very nourishing and filling.

Sweden

SOCKERKAKA — SPONGE CAKE

Whip:

2 eggs

2 dl. sugar

Heat:

50 g. butter

1 dl. milk

Mix:

3 dl. wheat flour

1½ tsp. baking powder

Lemon peel

Mix all ingredients and use a cake tin, well prepared with butter. Bake in 200°C. oven for about 30 minutes.

England

STRAWBERRY CREAM FLAN

8 oz. crushed digestive biscuits	1 can (large) evaporated milk
4 oz. margarine	1 small tin strawberries
1 pkt. strawberry jelly	

Decoration:

1 pkt. "Dream Topping"	4 fl. oz. milk
or fresh double cream	

Line an 8" loose-bottomed cake tin with silver foil. Melt margarine. Add to crushed biscuits. Press mixture into tin. Chill in fridge. Melt jelly in small amount of boiling water. Make up to ½ pt. with juice from strawberries. Whip evaporated milk until thick. Gradually whisk jelly into cream. Add strawberries. When well mixed, pour into tin, over crumbs. Put into fridge to set. When set, remove from fridge and turn out. Pipe cream on top to decorate.

Austria

LINZER TORTE

100 g. ground unblanched hazelnuts	2 egg yolks
100 g. plain flour, sifted	450 g. raspberry jam
100 g. caster sugar	1 egg, beaten
100 g. butter	Icing sugar, to finish

Place the ground hazelnuts, flour and caster sugar into a bowl and mix well. Add the butter and rub in with the fingertips. Add the egg yolks and work the dough until it forms a smooth ball. Chill for at least 30 minutes before using. Roll out three-quarters of the dough to 5 mm thick and use to line an 18 cm. flan ring. Trim the edge. Fill the center with the jam. Knead the trimmings and the remaining dough to a smooth ball and roll out into a circle slightly wider than the flan ring and 5 mm. thick. Cut into thin strips and arrange a neat lattice pattern on the top of the jam. Trim the edge and brush the dough with beaten egg. Place in a preheated oven and bake for about one hour until the cake is golden brown and firm. Leave in the flan case on the baking sheet until nearly cold, otherwise the tart will be difficult to handle. Sift icing sugar evenly over the top before serving.

Ireland

BROWN SCONES

Take 6 oz. of white flour, 6 oz. of brown (wholemeal) flour, 1 tsp. baking powder, salt (pinch). Mix this with 2 oz. of margarine, 1 egg, 1 cup of buttermilk or sour milk.

Knead till smooth dough. Spread on floured board, roll till about ½ inch thick and shape the scones with a biscuitshaper or so. Bake in a hot oven for about 15-20 minutes until golden brown.

Scotland

ATHOLL BROSE (A very ancient Highland delicacy)

1 small honeycomb	2 or 3 tbsp. Scotch whiskey
2 cups Porage oats	½ pint double cream

Break the honeycomb roughly in the Porage oats. Stir in the whiskey. Beat the cream until stiff and fold into the mixture. Chill for at least two hours before serving.

England

LEMON CAKE

6 oz. self raising flour	3 eggs
6 oz. margarine	2 lemons
6 oz. sugar	4 oz. sugar

Cream margarine and sugar in bowl. Add flour and beaten eggs a little at a time until mixture is light and fluffy. Mix in grated rind of lemons. Put mixture in a greased cake tin. Bake in a medium hot oven in the middle 35-45 minutes. Squeeze lemons. Put juice in a pan with 4 oz. of sugar and warm until the sugar has dissolved. When the cake is cooked, pour the lemon juice over while it is still warm. The cake will absorb the lemon mixture.

Ireland

TEA CAKE

1 lb. Sultanas	1 breakfast cup of brown sugar
1 lb. self raising flour	1 tsp. mixed spice
1 breakfast cup of cold tea	1 egg

Put fruit sugar into a basin, pour tea over and leave overnight. Next day beat up the egg and add to mixture, then work in the flour and spice. Put mixture into an 8" tin and bake in hot oven for 1 hour, Mark 5. After 30 minutes put grease proof on top to prevent burning.

Denmark

A BROWN COCONUT CAKE

250 g. margarine	3 tsp. baking powder
2 cups of sugar	3 tsp. vanilla-sugar
4 eggs	1.5 cup of coffee (strong)
1.5 tbsp. cocoa	4 cups of flour

Mix it all. Put it in the oven for 30 minutes at 200°.

When the cake is baked, you put on this:

125 g. melted margarine	1 tbsp. cocoa
200 g. icing sugar	125 g. dessiccated coconut
1.5 tsp. vanilla-sugar	1 cup of coffee

It's just delicious!

Scotland

"AMERICAN" CHEESE CAKE

Filling:

3 ozs. Philadelphia cream cheese	½ tsp. vanilla essence
½ teacup icing sugar	Small carton double cream

Beat Philly cheese and sieved icing sugar till smooth. Add essence and cream. Beat till thick. Decorate with half grapes or fresh strawberries — or whatever you like.

Biscuit Base:

10 digestive biscuits	4 ozs. caster sugar
4 ozs. melted margarine	

Crush biscuits in polythene bag. Add melted margarine to crumbs and sugar. Line tin and chill in fridge. Add filling and topping as desired.

Ireland

APPLE BORDER CAKE

Line sandwich tin with short pastry and cover well with sliced cooking apples, sprinkle with sugar. Beat 2 oz. margarine with 2 oz. sugar. Add 1 egg and 1 oz. self-raising flour and beat again, now stir in 3 oz. currants, 1 oz. ground almonds and a little almond essence. Put this on top of apples and spread. Bake Reg. 6 for 15 minutes and then reduce to Reg. 4 for 20 minutes. When cold ice with water icing flavoured with a few drops of almond essence.

England

YORKSHIRE PUDDING

4 oz. plain flour
A pinch of salt
1 egg

½ pint milk or milk and water
About 1 oz. lard

Mix the flour and salt, make a well in the center and break the egg. Add half the liquid and beat the mixture until it is smooth. Add the remaining liquid gradually and beat until well mixed. Put the oz. lard into a tin measuring about 7 inches square and heat it in the oven. Pour in the batter and bake until well risen. Cut into squares and serve at once (with roast beef). This pudding can also be served as a sweet, with jam or syrup sauce. Oven temperature: fairly hot (400°F. mark 6).

Norway

THE "MICKEY MOUSE" CAKE

Stir white:

250 gr. butter

250 gr. sugar

250 gr. wheat-flour

4 eggs

½ tsp. baking powder

75 gr. walnuts (chopped)

1 tsp. vanilla sugar

100 gr. chocolate (chopped)

Place in warm oven, 170 C, for 3/4-1 hour. To be served with whipped cream.

Denmark

SCONES

250 g. wheat flour

25 gr. bakers yeast

¼ tsp. salt

1 egg

75 gr. margarine

25 gr. sugar

1¼ dl. milk

Dissolve the yeast in the lukewarm milk. Beat the egg together. Mix all ingredients in a large bowl and bat it together with a large bowl or a hand mixer. You can't knead it by hand (it is too sticky)! Put the dish aside and let it raise for approximately one hour. Bat it down and put it on a baking plate with a spoon. (this quantity makes about 12 scones). Let them rest for 15 minutes, then bake them 15 minutes in an oven which is 225°C.

England

BAKED ALASKA

7" sponge cake

11 oz fruit

(e.g. raspberries, banana)

'Family' block ice cream

3-4 egg whites

4-6 oz. caster sugar

Oven temperature: Very hot 450°F. Mark 8

Preheat the oven. Place sponge cake on flat heatproof dish, and spoon over it just enough canned fruit juice to moisten cake. Put the ice cream in the center of the cake and pile the fruit on top. Whisk the egg whites stiffly, whisk in half the sugar, then fold in the remaining sugar. Pile this meringue mixture over the cake, covering the cake, ice cream and fruit completely, and tucking the meringue down to the dish. Place in oven immediately, towards top, and cook for 2-3 minutes, or until the outside of the meringue just begins to brown. Serve at once. Fresh fruit is better than canned, etc. You can sprinkle 1-2 tbsps. sherry or rum over the cake before adding the ice cream.

North Ireland

LEMON SURPRISE PUDDING

2 eggs (separated)

50 g. butter

110 g. castor sugar

1½ pint buttered deep baking dish

2 large lemons (rind & juice)

50 g. sifted self raising flour

¼ pint (or 150 ml.) milk

Preheat oven to gas 4, 350°F. or 180°C.

Beat together butter, sugar and lemon rind until soft. Beat in egg yolks, a little at a time. Fold in flour, alternately with the milk and lemon juice. Whisk the egg whites and fold them in as well. Pour the mixture into the baking dish and bake in center of oven for 40-45 minutes or until golden brown. May be served hot or cold with cream.

Scotland

EDINBURGH TART (Traditional)

6-8 ozs. (200 grammes) puff pastry

2 ozs. (50 grammes) butter

2 ozs. (50 grammes) sugar

2 ozs. (50 grammes) chopped candied peel

1 oz. (25 grammes) sultanas

2 eggs, beaten

Roll out the puff pastry and use it to line an 8" (2 cm.) pie plate or plain flan ring. Prick the bottom lightly. Melt the butter and the sugar in a small pan. Add the chopped candied peel, sultanas and the eggs. Pour into the pastry case and bake in a very hot oven (450°F., 220°C., Gas 8). Serve hot or cold with a separate bowl of whipped cream.

Ireland

FRUIT CAKE

10 ozs. flour

8 ozs. margarine

8 ozs. sugar

8 ozs. fruit

1 tsp. baking powder

1 tsp. marmalade

3 eggs

Beat margarine and sugar together. Sieve the flour. Add the eggs, fruit and marmalade and last of all the baking powder. Have a well greased tin. Put into slow oven for 1 to 1½ hours or longer.

Ireland

IRISH COFFEE GATEAUX

4 ozs. self raising flour	1 tbsp. Irish coffee
4 ozs. caster sugar	2 eggs
4 ozs. margarine (at room temp.)	

Beat flour, caster sugar, margarine, Irish coffee and eggs together for 2-3 minutes. Bake for 35 minutes at 375°F. Gas 4-5

Syrup:

¼ pt. strong black coffee	3 tbsp. Irish whiskey
4 oz. sugar	

Heat coffee and stir in sugar until dissolved. Boil for 2-3 minutes. Add whiskey. Pour some syrup into ring tin. Place cake into tin and pour remaining syrup over and leave overnight.

Decoration:

Decorate all over with whipped cream and sprinkle with grated chocolate.

England

CHEESE CAKE

Short-crust pastry	
4 oz. cookeen (lard)	½ tsp. salt
8 oz. plain flour	2 tbsp. water

Sieved together.

Filling:

1 egg white, standard	1 oz. sugar
1 lemon and mandarin yogurt	1 tbsp. double cream
3 oz. cream cheese	1 (11 oz.) can mandarin oranges
1 egg yolk, standard	drained to decorate

Preheat oven to fairly hot (400°F., Gas No. 6). Rub cookeen into sieved ingredients until the mixture resembles fine breadcrumbs. Add water and mix to a firm dough. Roll to a round and line one 8 inch fluted flan ring. Trim off surplus pastry. Line with greaseproof paper and baking beans and bake in preheated oven for 15 minutes. Remove baking beans, greaseproof paper and flan ring and bake for a further 10-15 minutes. Remove from oven, whisk egg white and fold into cheese and yogurt mixture and pour into flan cakes. Reduce oven to (375°F. Gas No. 5). Bake cheese cake for 20 minutes until set. Decorate with mandarin oranges. Serves 5-6.

Scotland

EASY SHORTBREAD

6 ozs. (200 grammes) plain flour	2 ozs. (50 grammes) sugar
6 ozs. (200 grammes) self raising flour	8 ozs. (300 grammes) butter
3 ozs. (100 grammes) ground rice	

Mix all the dry ingredients. Melt the butter over a gentle heat and pour into the dry mix. Blend well with not too much handling. Pack into two 8" (24 cms.) sandwich tins. Smooth down and mark edges with a fork handle. Prick the center well. Mark in 8 sections with a knife. Bake at 325°F., 160°C., Gas 4, for 45 minutes. Sprinkle with sugar when hot, and cool in the tin.

England

PEACH CHARLOTTE

- | | |
|---------------------|---------------------|
| 2 oz. bread crumbs | 1 small tin peaches |
| 2 oz. butter | 2 oz. sugar |
| ½ tsp. mixed spices | |

Drain the peaches, saving the syrup. Mix together the sugar and the spices. Put into a well-greased dish layers of fruit (sliced into ¼ inch thick slices), bread crumbs, sugar, butter, ending with crumbs on top. Pour the syrup over all, and bake in a moderately hot oven for about 35 minutes.

Ireland

POTATO APPLE CAKE

Potato Cake

Potato cake is also spoken of as potato bread or fadge. It is a traditional Irish dish and may be served hot with butter and sugar or fried and eaten with fried bacon, sausages and similar items.

- | | |
|-----------------------|----------------------------------|
| ½ lb. cooked potatoes | 1 oz. melted butter or margarine |
| ½ tsp. salt | 2 oz. flour (approximately) |

Potato cake is best made while the potatoes are still hot. Put the potatoes through a potato ricer. Add the salt and melted butter, then work in enough flour to make a pliable paste. Roll into a circular shape about ¼ inch thick. Cut into six or eight farls and bake on a hot greased griddle until well browned on both sides. Alternately, potato cake may be cut into large rounds with a plain cutter. Potato oaten cake is made in a similar way to potato cake but using oatmeal instead of flour.

For Potato Apple Cake make the potato cake as already described and cut in two. Roll each piece to give a circle and cover one with finely-chopped apples. Damp the edge and cover with the second piece. Neaten and seal the edges by pinching with the fingers and thumb. The cake may either be baked on the griddle until brown on both sides or cooked in a fairly hot oven. TO SERVE: split round the side and turn the top back. Cover the apple with thin slices of butter and dust with sugar. Close again and put all in the oven until the butter and sugar have melted.

Scotland

DUMPLING

- | | |
|--------------------------|--------------------|
| 8 oz. self raising flour | 1 tbsp. syrup |
| 4 oz. suet | 1 tbsp. treacle |
| 1 egg | 1 tsp. ginger |
| Mixed fruit | 1 tsp. cinnamon |
| 4 oz. brown sugar | 1 tsp. mixed spice |

Mix flour and suet together in a bowl. Mix the egg syrup and treacle (heat the syrup and treacle first) after mixing add these to the flour and suet. Add mixed fruit, brown sugar, ginger and mixed spice into mixture. Put mixture into a basin (greased), cover with greaseproof paper and fill a pot with water half way up the basin, cover the pot with a cloth and put an elastic band round the top. Steam for about 2 hours.

Ireland

APPLE CRUMBLE

Makes 2 serving portions of 4 Time taken 45 minutes.

1.5 kg (3 lbs) cooking apples
2 tbsp water
25 g (1 oz) butter

175 g (6 oz) soft brown sugar
Pinch mixed spice

For the crumble topping:

175 g (6 oz) plain flour
50 g (2 oz) castor sugar

100 g (4 oz) butter

Peel the apples, then quarter and core them. Cut up finely and place in the saucepan along with the water and butter. Cover with a lid and cook very gently, stirring or shaking the pan occasionally, until the apples are soft — takes about 15 minutes. Draw the pan off the heat and beat the apples to a pulp. Stir in the sugar and mixed spice. Dividing the mixture equally, spoon into two suitable-sized foil trays. Set aside until quite cold. Meanwhile prepare the crumble topping. Sift the flour into a rinsing basin. Add the butter cut in pieces and rub into the flour. Add the sugar and continue rubbing in until the mixture clings together in large crumbs. When the apple base is cold, cover with a layer of the crumble mixture dividing it equally between the two trays. Pack down lightly. Place each one inside a polythene freezer bag or wrap in foil. Tie tightly and freeze.

To serve Remove from wrapping and allow to thaw at room temperature for 1-2 hours. Place above center in a hot oven (200°C, 400°F or gas no. 6) and bake for 15 minutes. Lower the heat to moderately hot (190°C, 375°F or gas no. 5) and bake for another 15 minutes. Serve hot with cream.

England

BOILED PLUM BREAD

1 cup water
1 cup sugar

1 cup raisins
1 level tsp. bicarbonate of soda

Place above ingredients into a saucepan. Bring to boil, then simmer for 5 minutes. Allow to cool slightly. Add 2 beaten eggs and 2 cups of self raising flour. Mix well. Put into greased 1 lb. loaf tin. Cook Gas 300 for 1 1/4 hours.

Denmark

DANISH COOKIES ("Lace Cookies")

(About 60 pieces)

Melt these four things in a saucepan.

150 g. of margarine/butter
170 g sugar

1/2 dl. cream
1/2 dl. syrup

Add these things:

2 dl. flour
1/2 tsp baking powder

2 dl. oatmeal
1/2 vanilla pod

Put the dough on a baking plate (use two teaspoons). Only about 12 cookies on each baking plate. Baking time: 7-8 minutes at 180°C. Leave the cookies on the baking plate a few minutes. When they are cold you can put them together two by two with whipped cream.

Ireland

FRESH STRAWBERRY SPONGE

4 oz./125 g Stork margarine
4 oz./125 g castor sugar
2 large eggs, separated

Rind of 1 orange
4 tbsp. orange juice
6 oz./175 g self raising flour, sieved

Filling:

1 lb./450 g strawberries

2 oz./50 g castor sugar

Decoration: Icing sugar

Lightly grease the tin with melted Stork and line with a circle of greaseproof paper. Place the Stork, sugar, egg yolks, orange rind, juice and sieved flour in a mixing bowl. Beat with a wooden spoon thoroughly until well mixed (2-3 minutes). The mixture should be quite stiff, but if it seems too stiff, add a little more orange juice, about a teaspoon or so. Whisk the egg whites until stiff and fold a little into the mixture using a tablespoon (this lightens the mixture). Fold the remaining whisked egg white lightly and evenly into the mixture using a tablespoon. Place the mixture in the prepared tin and smooth the top. Bake in the preheated oven for 35-40 minutes. This cake should rise slightly in the center. Test. Turn out, remove paper and cool on a wire tray.

To Prepare Filling:

Hull the strawberries, wash if necessary and dry well. Mash with a fork and add the sugar.

To Finish Cake:

Slice the cake in half and spread the strawberries over the base. Top with the remaining half and dust with icing sugar.

Sweden

DARK RYE BREAD, Baked in Clay-Pot

Pour 0.75 liter boiling water over 1.2 liter extra coars rye-powder. Stir. Let rest overnight.

Next morning add 0.1 kilogram of yeast dissolved in some water, 0.1 liter of syrup, salt and spices. Add 1.0 liter of wheat-powder and make a big bun of it all.

Oil in the clay-pot so that the bun does not get stuck.

Put the pot into the cold oven and let it rest for 1 hour and then 175°C. for 3 hours and you have got a marvelous bread.

England

BLUE PETER CAKE

6 oz. margarine (not soft variety)
8 oz. brown sugar
8 oz. dried fruit (mixed)
2 oz. porridge oats
6 oz. wholemeal flour

1 egg
1 tsp. baking powder (level)
¼ tsp. salt
1 oz. chopped nuts (optional)
½ tsp. mixed spice (optional)

Melt margarine and sugar together. Place all dry ingredients in bowl. Add melted margarine, sugar and beaten egg. Place in greased/lined shallow baking tin. Bake Gas Mark 4/350°F. for about 45 minutes. Cut into pieces while hot.

Norway

OATS-CRACKERS

1 cup groats	1 cup wheat flour
1 cup coco-mass	1 egg
1 cup sugar	1 tsp. baking powder
1 cup melted butter	

Put the oven on 200°C. Mix all the dry things, mix in the egg and the smelted butter. Put the crackers with a teaspoon on the oven plate. Take them out when they are light brown. GOOD LUCK!

Norway

VERY GOOD CARAMELS

½ cup syrup	½ cup sugar
½ cup cream or milk	1 tbsp. baking powder

Boil it till it starts to be thick. Move all the time. Take the frying pan off the stove and mix in ¼ teaspoon baking powder.

Ireland

BLACK FOREST CHERRY CAKE

Serves 8 people.

Traditionally 1 tablespoon kirsch should be used instead of brandy essence, and maraschino cherries in place of glace cherries.

3 eggs	1 (16 oz./396 g.) can black cherries
3 oz./75 g. castor sugar	1 oz./25 g. arrowroot
3 oz./75 g. self raising flour	¼ pt./1.5 dl. whipping cream
1 level tsp. cocoa	Few drops of brandy essence
1 tbsp. milk	4 oz./100 g. plain chocolate
Filling & decoration	11 glace cherries

Grease and line an 8''/20 cm. deep round cake tin with greased greaseproof paper. Whisk the eggs and sugar in a bowl over a pan of simmering water until the mixture has thickened sufficiently for the whisk to leave a trail. Remove from the heat. Sift in the flour and cocoa, add the milk and fold in with a tablespoon. Spread the mixture into the prepared tin and bake in a moderate oven (350°F/180°C. Mark 4) for about 30 minutes. Cool on a wire rack. Slice the chocolate sponge horizontally twice. Drain the black cherries, reserving the syrup and removing any stones. Blend the arrowroot with 2 tablespoons of juice. Heat the arrowroot, cherries and the remaining juice, stirring until the mixture thickens to a spreading consistency. Spread the cherries on the first layer of cake, then top with the second layer. Whip the cream with the brandy essence and spread half on the second layer of cake, then top with the third. Make the chocolate curls by peeling chocolate with a vegetable peeler. Decorate as desired.

England

RHUBARD CHARLOTTE

6 oz. fresh white breadcrumbs
2 oz. melted butter
1 lb. rhubarb
2 oz. brown sugar
2 tbsps golden syrup

1 dessert spoon lemon juice and
1 dessert spoon orange juice
Grated rind of 1 orange
½ tsp ginger
¼ tsp cinnamon
¼ tsp nutmeg

Toss breadcrumbs in the melted butter. Spread some of the breadcrumbs in a thin layer over the bottom of a 2 pint souffle dish. Now a layer of some of the rhubarb. Mix together sugar, spices and grated orange rind and a thin layer with some of these. Repeat these layers until you finish with a layer of crumbs. Heat syrup with the fruit juices and a couple of tablespoons of water. When melted pour over the charlotte. Cover with foil and bake in an oven 400°F or 200°C. for 20-30 minutes then uncover and cook for another 10 minutes. Serve hot with thin cream

Denmark

SHROVETIDE BUNS

(22-24 pieces)

2 eggs are beaten with 2 spoons of sugar. In this you put 2 dl. lukewarm milk, 50 g. yeast, 300 g. margarine. This is worked together with 500 g. flour. The dough rises for 45 minutes.

Creme:

1 egg yolk is beaten with 2 spoons of sugar. In this you put 1 big spoon of flour and 1½ dl. milk and vanilla. Now you heat it to the boiling point, and then cool.

The dough is rolled out on a floured table and cut into squares 9x9 cm. On each square you put a spoonful of the cream. The dough is folded round the cream and put on a baking sheet. They rise 30 minutes and are then baked in the oven 11-12 minutes at 225 °C. When they are cold you put on icing.

Ireland

IRISH TEA LOAF

¾ lb. mixed dried fruit (sultanas,
raisins, currants and mixed peel)
1 oz. chopped glace cherries (if liked)
4 ozs. soft brown sugar

1 tea cup cold tea (7 fl. oz. approx.)
1 egg (size 3)
8 ozs. self raising cake flour

Soak the fruit and sugar overnight in the cold tea. Next day add the beaten egg. Stir in the sieved flour. Turn into a greased 1 lb. loaf tin and bake at 350°F. (170°C.) or Gas Mark 4 for approximately 45 minutes. Turn out to cool. Serve out in thick slices spread with butter.

England

CHOCOLATE CRAKLETS

70 g. cornflakes/rice pops
1 rounded tbsp. syrup
1 rounded tbsp. icing sugar

50 g./2 oz. margarine
1 dessert spoon of cocoa

Mix on heat till all mixed in together on Gas Mark 3. Then pour on cornflakes/rice pops and mix till covered then put in cake cases.

Scotland

BOILED FRUIT CAKE

Put in bowl

2 cups dried fruit

1 oz. margarine

(Nuts may be added)

1 cup sugar

1 cups boiling water

Stir till sugar and margarine melts

Add:

2 cups plain flour

1 tsp. mixed spice

1 tsp. baking powder

Bake in moderate oven (at 350°) for about 1 hour.

Norway

APPLE CAKE

About ½ kilo apples

2 eggs

5 tbsp. sugar

5 tbsp. melted butter (margarine)

6 tbsp. flour

1 tsp. baking powder

¼ tsp. vanilla sugar

Wash the apples, rinse and peel them. Cut in quarters, remove core. Put in ovenfast tin. Stir eggs and sugar. Add the melted cooled margarine and flour with baking powder and vanilla. Put the tin in oven (bottom) at 180°C. about half an hour.

England

MINCE PIE

Mincemeat is Christmas fare, but it derives from a very old practice of preserving meat by mixing it with very minced and chopped dried fruits, to which suet and later brandy are added to improve the keeping qualities. A good mincemeat is made months before its needed to give it time to mature. It will keep for years.

Prepare long in advance

Makes about 1½ kg. mincemeat

750 g. cooking apples, peeled

cored and chopped small

150 g. stoned raisins

150 g. currants

150 g. sultanas

150 g. shredded suet

150 g. sugar

50 g. blanched almonds, chopped lengthwise

4 tbsp. brandy

Grated rind and juice of 1 lemon

A pinch each of grated nutmeg,

powdered cinnamon and powdered mace

Wash and drain the dried fruit and wipe dry. Mix together with the apples, suet, spices, almonds and sugar, stirring well. Finally stir in brandy. Put into jars. Cover with greaseproof paper and store. Do not fill jars to the top or mixture will expand.

The Pies

Mincemeat

350 g. shortcrust pastry

Beaten egg yolk

Caster sugar

Roll pastry and cut into small circles to fit baking trays. Put a spoonful of mincemeat into each. Cover tart with circle of pastry to make pie. Brush with egg yolk. Bake for 20 minutes in fairly hot oven (200°C., 400°F. Gas 6). Sprinkle with caster sugar before serving. Serve hot or cold.

Denmark

TEA BUNS

250 g. wheat flour (about 10 oz.)	1 ¼ dl. (small cup) milk
¼ tsp. salt	25 g. yeast (1 oz.)
75 g. butter	1 egg
½ cup raisins	2 spoonfuls sugar

Mix flour and sugar, crumble the butter in it and add raisins. Put the yeast into lukewarm milk, egg and sugar are whipped together. Mix all of it and let it rise, covered with a cloth, about ½ hour. Make about 18 buns and let them rise again about 20 minutes. Paint them with an egg and bake them about 15 minutes at 225 °C. (435 °F.) Eat them with butter to a cup of tea or coffee.

England

CHERRY LOAF

6 ozs. self raising flour	2 ozs. glace cherries
Pinch of salt	(wash dried and quartered)
3 ozs. butter	2 eggs (beaten)
3 ozs. caster sugar	Milk for mixing

Line a 1 lb. loaf tin with greased greaseproof paper. Sieve the flour and salt into a basin, rub in butter until it is like bread crumbs. Add sugar, cherries and stir until evenly mixed. Add the beaten eggs and milk to give a soft dropping consistency. Put in tin and spread evenly on top. Bake at gas mark 4 for 1-1 ¼ hours. It is done when well risen, golden brown and firm to the touch. For decoration you can make water icing. You need:

2 ozs. icing sugar	Water to mix
Few glace cherries and angelica leaves	

When the loaf is cold, add the icing sugar and water together until runny. Then drizzle it over the loaf and put a few cherries on and some angelica leaves.

Ireland

IRISH WHISKEY CAKE

One orange	170 grams butter
2 tbsp. Irish Whiskey	170 grams sugar
3 eggs	A pinch of salt
225 grams sifted flour	1 tsp. baking powder
170 grams sultanas	

With a sharp knife peel off the orange rind. Soak the rind in the whiskey for a few hours to draw out the flavor. Discard the rind and soak the sultanas in the whiskey. Cream the butter and sugar. Add the eggs one at a time, with a teaspoon of flour, and beat well after adding each egg and flour. Sift the flour, salt and baking powder together and fold into the egg mixture. Lastly fold in the sultanas and whiskey. Put into an oiled 17 or 18 cm. cake tin that is lined with greased paper. Bake at 350 °F. for 1 ½ hours. Reduce heat towards the end of baking time. Eat while fresh.

Austria

SALZBURGER NOCKERLN

5 eggs	20 g. flour
40 g. icing sugar	1/8-1 (1/4 pint) milk
2 tbsp. vanilla sugar	20 g. butter
Grated peel of one lemon	

Whisk the 5 egg whites until very stiff. Add the icing sugar, 1 tablespoon vanilla sugar and the grated peel of the lemon while still whisking. Then stir in the 5 egg yolks and the flour very gently. Grease a big fire-proof dish with butter. Cook the milk and add 20 g. butter and another tablespoon vanilla sugar. Pour into dish. Divide the dough into three big "nockerls" and put into dish. Baking time: 10 minutes. Oven: 220 °C. (440 °F). Sift icing sugar over the top and serve straight away!

Scotland

CRANACHAN (Queen Victoria's Favorite Sweet)

2 ozs. oatmeal (preferably pinhead)	2 ozs. caster sugar
1/2 pint double cream	1/2 lb. raspberries or brambles

Gently toast oatmeal in a frying pan until light brown. Whip cream until a trail is left from the beater. Fold into whipped cream the toasted oatmeal and other ingredients.

Ireland

LIGHT FRUIT CAKE

100 g. margarine	25 g. chopped cherries
100 g. castor sugar	25 g. chopped almonds
150 g. flour	1 tsp. water (approx.)
1/2 tsp. baking powder	1/2 tsp. mixed spice
2 eggs	Grated rind of 1/2 lemon
200 g. sultanas	Flavoring
25 g. mixed peel	

Prepare oven and tin. Cream margarine and sugar together in a bowl, until soft and creamy. Beat eggs in a small bowl, add gradually to creamed mixture, beating after each addition. If there is a danger of curdling (or for very large amounts), add a little flour, alternately with eggs. Add flavoring. Sieve flour and baking powder onto a sheet of kitchen paper. Fold into mixture using a tablespoon. If the mixture appears dry, add water. Stir in fruit and flavorings. Pour into a prepared 18 cm. (7") cake tin. Bake in a fairly moderate oven, 160 °C (325 °F.) Gas 3, for about 1 1/4 hours. Cool slightly in tin, then turn onto a wire tray.

HELPFUL METRIC CONVERSION INFORMATION



HELPFUL METRIC CONVERSION INFORMATION

Volume measures:

To convert fluid ounces to milliliters, multiply ounces by 30 (approximate) or 29.57 (precise).

To convert milliliters to fluid ounces, multiply milliliters by .03 (approximate) or .034 (precise).

To convert quarts to liters, multiply quarts by 1 (approximate) or 0.95 (precise).

To convert liters to quarts, multiply liters by 1 (approximate) or 1.057 (precise).

Weight measures:

To convert ounces to grams, multiply the number of ounces by 28.35.

To convert grams to ounces, multiply the number of grams by .035.

To convert pounds to kilograms, multiply the number of pounds by 0.45.

To convert kilograms to pounds, multiply the number of kilograms by 2.2.

Linear measures:

To convert inches to centimeters, multiply the number of inches by 2.54.

To convert centimeters to inches, multiply the number of centimeters by 0.394.

Temperature equivalents:

To convert Fahrenheit to Celsius, subtract 32 and divide by 1.8.

To convert Celsius to Fahrenheit, multiply by 1.8 and add 32.

To answer your flour and sugar conversion questions: 115 grams of unsifted flour is about 1 cup (113 grams is the exact cup weight); 100 grams equals 1 cup sifted flour. 200 grams of sugar equals 1 cup.

American/metric volume equivalents (usually used for measuring liquids)

AMERICAN MEASURE FLUID OUNCES, CUPS	METRIC MEASURE (MILLILITERS, LITERS)	
	APPROXIMATE	PRECISE*
1 teaspoon	5 ml	5 ml
1 tablespoon (5 fl. oz)	15 ml	15 ml
1/8 cup (2 Tbsp., 1 fl. oz)	30 ml	29.57 ml
1/4 cup (4 Tbsp., 2 fl. oz)	60 ml	59 ml
1/3 cup	80 ml	79 ml
1/2 cup (8 Tbsp., 4 fl. oz)	120 ml	118 ml
2/3 cup	160 ml	157 ml
3/4 cup (12 Tbsp., 6 fl. oz)	180 ml	178 ml
7/8 cup	210 ml	207 ml
1 cup (16 Tbsp., 8 fl. oz)	240 ml (25 or 1/4 L)	237 ml
1 1/4 cups	300 ml	296 ml
1 1/3 cups	315 ml	316 ml
1 1/2 cups (24 Tbsp., 12 fl. oz)	350 ml (33 or 1/3 L)	355 ml
1 2/3 cups	395 ml	394 ml
1 3/4 cups	415 ml	414 ml
2 cups (1 pint, 16 fl. oz)	475 ml or 500 ml (.5 or 1/2 L)	473 ml
2 1/4 cups	535 ml	532 ml
2 1/3 cups	550 ml	553 ml
2 1/2 cups	590 ml or 600 ml	592 ml
2 2/3 cups	630 ml	631 ml
2 3/4 cups	650 ml (.66 or 2/3 L)	652 ml
3 cups (1 1/2 pints, 24 fl. oz)	700 ml	710 ml
3 1/4 cups	770 ml (.75 or 3/4 L)	769 ml
3 1/3 cups	790 ml	789 ml
3 1/2 cups	830 ml	828 ml
3 2/3 cups	860 ml	858 ml
3 3/4 cups	890 ml	887 ml
4 cups (1 quart, 32 fl. oz)	950 ml or 1 L	946 ml
1 quart + 3 tablespoons	1 L	1 L (1000 ml)
5 cups	1.25 L or 1 1/4 L	1183 ml
6 cups (1 1/2 quarts)	1.5 L or 1 1/2 L	1420 ml
2 quarts (1/2 gallon)	2 L	1892 ml
3 quarts	3 L	2838 ml
4 quarts (1 gallon)	4 L	3784 ml (3.75 L)

American/metric equivalents for weights

AMERICAN MEASURE (OUNCES & POUNDS)	GRAM WEIGHT	
	APPROXIMATE	PRECISE*
0.035 ounce	—	1 g
1/4 ounce	7 g	7 g
1/2 ounce	15 g	14 g
3/4 ounce	20 g	21 g
1 ounce	30 g	28.35 g
2 ounces	60 g	57 g
3 ounces	85 g	85 g
4 ounces (1/4 pound)	115 g	113 g
5 ounces	140 g	142 g
5 1/4 ounces (1/3 pound)	160 g	154 g
6 ounces	170 g	170 g
7 ounces	200 g	198 g
8 ounces (1/2 pound)	225 g (25 or 1/4 kg)	226 g
9 ounces	250 g	255 g
10 ounces	285 g	284 g
10 1/2 ounces (2/3 pound)	300 g	298 g
12 ounces (3/4 pound)	340 g (33 or 1/3 kg)	341 g
16 ounces (1 pound)	455 g (5 or 1/2 kg)	454 g
17 1/2 ounces	—	500 g (.5 or 1/2 kg)
20 ounces (1 1/4 pounds)	570 g (5 or 1/2 kg)	567 g
24 ounces (1 1/2 pounds)	675 g (66 or 2/3 kg)	680 g
26 ounces (1 5/8 pounds)	750 g (75 or 3/4 kg)	737 g
28 ounces (1 3/4 pounds)	800 g (8 or 4/5 kg)	794 g
32 ounces (2 pounds)	1 kg	907 g
35 ounces (2 2 pounds)	—	1000 g (1 kg)
2 1/2 pounds	1.25 or 1 1/4 kg	1134 g
3 pounds	1.33 or 1 1/3-	1361 g
	1.5 or 1 1/2 kg	
3 1/2 pounds	1.5 or 1 1/2 kg	1588 g
4 pounds	1.75 or 1 3/4-	1814 g
	1.8 or 1 4/5 kg	
4 4 pounds	—	2000 g (2 kg)
4 1/2 pounds	2 kg	2 kg
5 pounds	2.25 or 2 1/4 kg	2.25 kg
5 1/2 pounds	2.5 or 2 1/2 kg	2.5 kg
6 pounds	2.75 or 2 3/4 kg	2.7 kg
6 1/2 pounds	3 kg	2.9 kg
7 pounds	3.25 or 3 1/4 kg	3.15 kg
7 1/2 pounds	3.33 or 3 1/3 kg	3.4 kg
8 pounds	3.5 or 3 1/2 kg	3.6 kg
8 1/2 pounds	3.8 or 3 4/5 kg	3.8 kg
9 pounds	4 kg	4 kg
9 1/2 pounds	4.25 or 4 1/4 kg	4.3 kg
10 pounds	4.50 or 4 1/2 kg	4.5 kg

Some Fahrenheit/Celsius temperature equivalents

FAHRENHEIT

0°
32°
98.6°
115°
120°
125°
130°
135°
140°
160°
165°
170°
175°

Recommended Freezer Temperature
Water Freezes
Normal Body Temperature

CELSIUS

- 18°
0°
37°
46°
49°
52°
54°
57°
60°
71°
74°
77°
79°

FAHRENHEIT

125°
125° to 130°
135° to 140°
140°
150° to 155°
160° to 165°

170°
175° to 180°
180° to 185°

DEGREE OF DONENESS

Meat Roasting (internal meat temperatures)

Rare Roast Beef
Rare Roast Lamb
Med Rare Roast Beef & Lamb
Well-Done for Precooked Hams
Medium Roast Beef
Med. Roast Lamb, Med -Well Beef,
Well-Done Hams
Well-Done Roast Veal and Pork
Well-Done Roast Lamb
Well-Done Roast Turkey

CELSIUS

52°
52° to 54°
57° to 60°
60°
65° to 68°
71° to 74°

77°
79° to 82°
82° to 85°

Deep-Fat Frying

325° to 350°
350° to 365°
365° to 375°
375° to 400°

165° to 175°
175° to 185°
185° to 190°
190° to 205°

180°
212°
225°
250°
275°
300°
325°
350°
375°
400°
425°
450°
500°

Water Simmers (at sea level)
Water Boils (at sea level)

Keep-Warm Oven
Very Slow Oven
Slow Oven
Moderately Slow Oven
Moderate Oven
Moderately Hot Oven
Hot Oven
Very Hot Oven
Very Hot Oven
Extremely Hot Oven

82°
100°
107°
120°
135°
150°
165°
175°
190°
205°
220°
230°
260°

American/Metric Equivalents for commonly used pots, pans and casseroles

AMERICAN MEASURE

METRIC EQUIVALENT

Saucepans

1 pint (2 cups)	1/2 L
1 quart (4 cups)	1 L
1 1/2 quarts (6 cups)	1 1/2 L
2 quarts (8 cups)	2 L
3 quarts (12 cups)	3 L
4 quarts (16 cups, 1 gallon)	4 L

Souffle dishes, casseroles

1 quart	1 L
1 1/2 quarts	1 1/2 L
2 quarts	2 L
2 1/2 quarts	2 1/2 L
3 quarts	3 L

Dutch ovens

3 quarts	3 L
4 quarts (one gallon)	4 L
6 quarts (1 1/2 gallon)	6 L
8 quarts (2 gallons)	8 L

Skillets

5-inch	13 cm
8-inch	20 cm
10-inch	25 cm
12-inch	30 cm

Baking pans

8-inch round cake or pie tin	20 cm (diameter)
9-inch round cake or pie tin	23 cm
10-inch round springform pan or pie tin	25 cm
8 x 8 x 2-inch pan	20 x 20 x 5 cm
9 x 9 x 2-inch pan	23 x 23 x 5 cm
9 x 5 x 3-inch loaf pan	23 x 13 x 8 cm
13 x 9 x 2-inch pan	33 x 23 x 5 cm
15 1/2 x 10 1/2 x 1-inch jelly-roll pan	39 x 25 x 2 1/2 cm

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